

# Two Wolves

An elder Cherokee Native American was teaching his grandchildren about life. He said to them...

“A fight is going on inside me... it is a terrible fight and it is between two wolves. One wolf represents fear, anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.



The other stands for joy, peace, love, hope, sharing, serenity, humility, kindness, benevolence, friendship, empathy, generosity, truth, compassion and faith.

This same fight is going on inside you and every other person, too.”

They thought about this for a minute, and then one child asked his grandfather... “Which wolf will win?”

The old Cherokee simply replied... “The one you feed.”



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